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A powertrain mount comprising:

an orifice plate defining an orifice track having a first cross-sectional

area; and

a slug disposed in the orifice track, the slug having a bore with a second cross-sectional area less than the first cross-sectional area.

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- 2. The powertrain mount of claim 1 further comprising at least one stop disposed in the orifice track.
- 3. The powertrain mount of claim 2 wherein the at least one stop limits travel of the slug in the orifice track.
- 4. The powertrain mount of claim 1 wherein the bore has a constant cross-sectional area.

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A powertrain mount comprising:

a base plate;

a molded member connected to the base plate;

an orifice plate connected to one of the base plate or the molded member, the orifice plate defining an orifice track having a first cross-sectional area;

and

a slug disposed in the orifice track, the slug having a bore with a second cross-sectional area less than the first cross-sectional area.

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- 6. The powertrain mount of claim 5 further comprising at least one stop disposed in the orifice track.
- 7. The powertrain mount of claim 6 wherein the at least one stop limits travel of the slug in the orifice track.
- 8. The powertrain mount of claim 5 wherein the bore has a constant cross-sectional area.

A mount for a powertrain component of a motor vehicle, the mount comprising:

a base plate;

a molded member connected to the base plate;

an orifice plate connected to one of the base plate or the molded member, the orifice plate defining an orifice track having a first cross-sectional area; and

a sling disposed in the orifice track, the slug having a bore with a second cross-sectional area less than the first cross-sectional area.

- 10. The mount of claim 9 further comprising at least one stop disposed in the orifice track.
- 11. The mount of claim 10 wherein the at least one stop limits travel of the slug in the orifice track.

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- 12. The mount of claim 9 wherein the bore has a constant cross-sectional area.
 - 13. The mount of claim 9 wherein the powertrain component is an engine.
- 14. The mount of claim 9 wherein the powertrain component is a transmission.